

Ida Tarbell Says That Energy Is As Precious As Food

WASTE OF FORCE RESULTS FROM LACK OF TRAINING

(Copyright, 1917, by The Tribune Association.)

By IDA M. TARRELL.

The ounce of bread is the emblem of material waste. It means the food of our armies and our allies. Not less important than the ounce of bread is the ounce of energy. The waste of woman energy since the war broke out has been almost as great as the before-war waste of bread.

True, it has been based almost entirely on the desire to serve, a passionate determination to contribute something to the solution of the terrific problem; but merely the desire to do the useful thing never yet brought about useful results.

Taken as a whole, the women of the country during themselves into action as soon as war became a certainty, without clear idea of whether or not what they did was the thing needed. Feverish, energetic and frequently ambitious to be leaders, they fell to doing everything that was suggested—everything that they could hear that women in France and England were doing.

The problem in this country for women can never be quite what it is in Europe. That is, it can never be until we are actually invaded. To be doing the things that French and English women now are doing is to run ahead of the game—to give up energy which ought to be focused on the actual need.

Food is our great emergency, and gardening has been the order of the day; but the energy that has been wasted in putting in bits of land that never have before been cultivated, where a crop will never grow to be harvested, is obvious all over the country.

What a pitiful demonstration of wasted energy has been the plowing up of playgrounds and lawns, while on the outskirts of every town, and frequently within its limits, were vacant lots and fields! In one town I know of the interference of the highest authorities was necessary to stop the frenzy before the children lost their hard-earned places to play and the sick their gardens in which to lie and sit.

The problem of the garden had not been thought of. There was no study of the relative value of the use of the particular piece of land. There was as little attention given often to the question of the fitness of the volunteer gardener.

What a sorry waste of force for a tired-out librarian who has but two or three weeks' vacation a year to dedicate it to weeding on a farm, when in the interests of the community she serves she should be lying in a hammock on a mountain top or sitting in the sand on the seashore.

A pathetic and aggravating waste of women's force has come from undertaking tasks for which they were not fitted, and in which they could not hold out.



"What a waste of force for the tired librarian who has but two or three weeks' vacation a year."

We have had flocks of fine ladies taking a dozen lessons in cooking and then going out into the industrial quarters to teach women who have been cooking all their lives how to prepare food and how to save.

And this they have done without having undertaken a campaign in their own homes, where waste, ninety-nine times out of a hundred, is great. They went to people with the flimsy little tale for which they had been coached, and the chances are understanding almost nothing of the actual conditions in working quarters, not realizing that the larder contained

precious little that was not used, though it might not be used in the best possible way. People of America are to be helped in the use of food which they can buy it must be by teachers who come to them with a thorough understanding of their situation and needs, and not by those who flit down from points of leisure and inexperience.

The energy that went into this misdirected effort was needed in the households of the women themselves. It was needed in the raising of money, in the stimulating of interest and industry in their own ranks.



"Trying to teach women who have been cooking all their lives how to prepare food and how to save."

AS MUCH NEEDED IN WAR AS IS ANY AMMUNITION

If it was to help the poor woman to make more out of her food that they were interested, their energy should have been used not in going among them themselves, but in employing people who were fitted for the delicate task.

The ounce of energy has often been wasted by women in their attempts to do things for which they had not had training.

If you want to get the full horsepower out of your energy you must know how to do that thing you undertake.

Untrained women rush in an hour a day, breathless and debilitated, to work on a card catalogue when they have never had any training in card cataloging.

The same ladies rush away to take a lesson in canning when canning is largely a thing of the future; then for an hour's lesson in telegraphy or bookkeeping or some other thing which to be usefully done requires careful and special training.

All of this scattered energy and effort can be put down as wasted.

When we go to war we do one particular thing and do it well. Poor work, untrained work, is discouraging to the person who does it and hinders the trained workers.

The ounce of energy which have been thrown to waste may be saved by fixing on one task which you are convinced you know or could learn, and doing that with all your might.

This is the only way for women to be really useful in this war.

The organized societies, the Red Cross, women's committees, etc., should put above their desks a placard reading:

Save Your Energy.
"Do not ask for work for which you have had no training, in which you have had no experience."

"Ask for training."
"Do not disturb us by changing your task."

"Stick to the thing that you have undertaken or leave us for those who will stick."

In this matter of the ounce of energy women should study themselves. Excited and interested, we often put as much strength into asking a bit of commonplace information over the telephone as we do in holding a conference requiring the utmost concentration and strength of purpose.

We lose ourselves as if we were rushing wounded men to the nearest hospital.

Perhaps we do the simpler thing with greater dissipation of force.

When the great need comes only the steady controlled nerves can hold. Energy, which is one of the greatest elements of our personal stock in trade, should be used carefully with as much care as we use our horses or our cars.

Every ounce should be saved as we are disciplining ourselves to save every ounce of bread.

It is as truly a weapon of war as bread or powder.

Physicians Explain Why They Prescribe Nuxated Iron So Widely

For Creating Red Blood, Building Up the Nerves, Strengthening the Muscles and Correcting Digestive Disorders—Often Increases the Strength of Delicate, Nervous, Run-Down Folks 100 Per Cent in Two Weeks' Time.

CHICAGO'S FORMER HEALTH COMMISSIONER SAYS IT SHOULD BE USED IN EVERY HOSPITAL AND PRESCRIBED BY EVERY PHYSICIAN

Opinions of Dr. N. H. Hornstine, for 10 years with the Department of Public Health and Charities of Philadelphia; Dr. A. J. Newman, late Police Surgeon of the City of Chicago, Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, and Other Physicians Who Have Tested Nuxated Iron in Their Own Private Practice.

NOW BEING USED BY OVER THREE MILLION PEOPLE ANNUALLY

It is conservatively estimated that over three million people annually in this country alone are taking Nuxated Iron. Such astonishing results have been reported from its use both by doctors and laymen that a number of physicians in various parts of the country have been asked to explain why they prescribe it so extensively.

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have never before given out a medical information or advice for publication, as I ordinarily do not believe in it. But in the case of Nuxated Iron I feel I should."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have never before given out a medical information or advice for publication, as I ordinarily do not believe in it. But in the case of Nuxated Iron I feel I should."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have never before given out a medical information or advice for publication, as I ordinarily do not believe in it. But in the case of Nuxated Iron I feel I should."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

that it ought to be used in every hospital and prescribed by every physician in this country."

In commenting on the above, Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon, Jefferson Park Hospital, Chicago, said: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. N. H. Hornstine, for ten years with the Department of Public Health and Charities of Philadelphia, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive system."

Dr. Schuyler C. Jacques, Visiting Surgeon, St. Elizabeth's Hospital, New York, says: "I have tested Nuxated Iron in my private practice, and I can say that it is a most valuable remedy for the blood and nerves, and for the muscles and digestive